

M1021  
I Tues  
8/2/66

West Coast trip/Group I - working together, friction/Index A&E, movements  
schedule/Firefly - printing, purpose of, Oragean Verson/Brewster - physical work/  
Aim of Group I - questions of inner life/ Amness of oneself/Being able to die  
to life

m1003 (4/15/66) Relationships - man and woman  
Woman - role in relation to world  
Love - creating conditions for someone

m1102 (12/20/66) I+II christmas meeting

m1105 (12/30/66) Harmonious man - aim of  
Unification of 3 centers  
Kosdjanian development - octave

m1114 (1/13/67) IV music - Gurdjieff's birthday

m1167 - (4/13/67) First TRIP - SANTA Fe open mtg.  
ABC Tape

m1168 - (4/6/67) First Trip S.F. II

m1169 (4/9/67) First Trip - Portland, OR  
OBSERVATION, I, Intuition - Magnetic Center  
Moment (experiencing of), Impartiality, Self-remembering

m1170 (4/6/67) First Trip - Seattle

m1173 - First Trip - Berkeley - (4/18/67)  
Prayer Religion

m1175 (4/8/67) - criticism - sustain efforts - manifestations  
Sensing - Attitude - Day of Austerity - Emot. Balance

m1176 - First Trip to S.F.

m1178 (5/3/67) - Gurdjieff's system / Evolving / 3 centers /  
Objectivity / Observation-moment / 3 Books of G.

m1179 (5/4/67) Responsibility of Group / work / money /  
motivation & Aim / A.S.F. / Aspiration / inspiration

m1180 (5/8/67) Group Three - Roles of Gr. II -

m1184 (4/4/67) Work - Observation (how brain works)  
Sensing & Observing (Differences) Thoughts -  
Intensifying - A & E - attitude toward feeling

M 964 - (detailed resume) 4/11/66 Question and Answers. Task - working without glasses for 1 hour on job. Question about seeing oneself. Coatings, seeing more and more of truth of oneself. Lack of impartiality. Explains impartial observation; impartial criticism. Question about 'little parts of oneself burning out' - observation does not include destruction of anything. Purpose of 'I' - re: manifestations and what is higher. Question about knowing when 'I' is big enough to influence. Question: what is obyavatel? Defined. Orage & Ouspensky. Question: how to Work. From body to observing totality of oneself. (short) Task: walking back & forth in room 5 min. 3 x a day, turning head right with right foot, left with left foot. Variations given to use oneself as food for 'I'. Question: Do not want to explain in words what happens when I Work. Answer - to let feelings operate and give knowledge. Triangle of mind, body, feelings. When no wish, wait, reduce self to simplicity. Prayer. Question: Task. Habitual movements. Question: how to maintain force acquired in meetings? Learning how to feed it. Asking what in me prevents wish. Emotional center. Questions to ask oneself about wish. Religion. Physical center - lethargy. Question: Gurdjieff & Sufi.

*m 982 (5/11/66) - Physiological Explanation of Work*

see  
page  
3

M 1205 - (fair resume) 6/20/67 No questions. Indexing tapes. FATHER'S DAY. Importance of other people to find life in oneself. Becoming impartial to oneself through acceptance. Life not dependent on matter. Meaning of God's child. I AM exercise. Man # 4 & 7. Realization of mechanicality and essence. Gratitude in my existence for existence of others.

M 1233 - (fair resume) 8/8/67 I No questions. Teaching and its responsibilities. UNROLLING THE FILM. Description in detail. One's life as a play, oneself as actor. Professional life as audience. Becoming free.

M 1331 - (detailed resume) Los Angeles 1/6/68 DRAINING - how to. I AM exercise. Separation of centers. Building bodies - diagram. Noble gases. SENSING exercise. Advice on groups - beginning. Kesdjan - Hanbladzoin. Man #'s 1-7. Participation, experimentation, conscious labor and intentional suffering. In the beginning, when NOT to Work.

M 1368 - (poor sub. index) Seattle 3/4/68 Changing behavior; habits. Task for student. Essential essence, relation to surface. Magnetic Center. Consciousness, conscience, will. New people - proper attitude & behavior. Octave - SOL-LA-SI - aspiration, inspiration, silence.

\* M 1393 no references

M 1529 - (poor resume) 1/29/69 Boston I. Emphasis on use of 2 centers in Work. Observation - honesty - task. Desire for Work in relation to energy. Deepening Work. Answering questions; answer dependant on state of other person. Openness. Truth - in relation to understanding in Work with each other. Life vs. form. Heart and observation of body. Aim in life of giving expression to what is holy.

M 1608 - (fair resume) IV 6/20/69 Reading a person's inner life. Expression of face most important of 5 manifestations, regarding inner life. High and low languages; superficial and essential expression. Emotional state and language. 'I' and facial expression. Tracing source of expression. How do you measure your life? Maturity. Hopelessness. Spending day asking God to be with you. Walk in eyes of God: Magnetic Center and 'I'. Focus on body.

M1200 (4/17/67) Groups/monthly payments/Emptiness/mind/Gravity  
Work - Ordinary life - Personal Task - Death -  
Developing Talents, Law of Decay - Definition of God -  
Is Devil Real

M1201

M1202

M1203

M1204 Work and ordinary life-continuing the way one is; not changing/ENERGY\*-being active;  
Mon 6/19/67 separating for ordinary, inner, spending:mentally, feelingly/What is important  
II NY in a man? Studying oneself/Questions to ask about oneself re: behavior, energy,  
life, growth, death/LIFE AND FORM-change from one form to another; objective  
life in new form/DRUGS and chemicals; mysticism - not permanent change/ REASONS  
why one would be interested in Work/Permanency of experiences/Concepts of  
freedom, bondage, objectivity/ Process of Work as division of energies;  
simplicity of - when to Work; Works changes me/unconsciousness and conscious-  
ness

m1205 (6/20/67) I Am exercise - applied to one's life  
m1213 (7/17/67) Movements - 20 min. explanation of

m1257 (9/18/67) - Sensing/Karma+Accident/A+E/Work/emotions  
m1265 (10/2/67) Awareness - As if - Energy - 'I'

m1269 (10/8/67) second Trip - wise.

m1274 (10/17/67) Emotional vs Intellectual (detailed)

m1275 (10/17/67) 'I' - Awareness - Identification - Energy

m1215 (10/10/67) Work attempts - Awareness - Energy  
Aim(?) - Tasks

m1288 (11/5/67) Sensing - Draining - I am - Lord have mercy  
m1289 (11/7/67) Meditation (Yoga)

m1325 (1/1/68) Kesdjan - Enneagram - Emotional Quality of Group

m1331 (1/21/68) Draining - I am - Solar Plexus - Centers -  
Consciousness & conscience - Law of Octaves -

m1336 (1/15/68) Observation - A+E - Emotions  
m1366 (3/2/68) Presence - Formulation - Acceptance - Astrology

111375 (3/14/68) Weaving

111402 (5/10/68) Development of child (1-7)  
Growth of Barn after Mr. N.'s death  
3 Approaches to work -  
Role of works

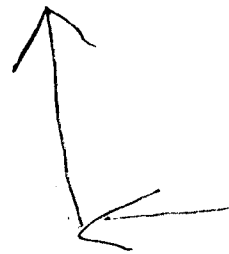
111409 - Barn as Inspiration  
05/27/68 Physical work -

111412 - Father's day  
(5/31/68) Barn

111414 (1/4/68) objective faculty  
Dream, state  
Experience

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111431 (7/16/68) - EXERCISES - Reading Groups - Small Groups



- 1439 (8/3/68) Sensing - Draining - I Am -
- 1441 (8/8/68) Prayer. Aim Higher Being Bodies
- 1446 (8/12/68) Negativity, observation, Equilibrium -  
awakeness & awareness - Objectivity -
- 1447 (8/13/68) - Recording - Subjectivity - ABC
- 1451 (8/17/68) Barn - New life -
- 1454 (8/26/68) Openness to ideas of new people  
Form and Life -  
Emotional State
- 1459 (9/2/68) ~~Communication~~  
~~WORK~~  
Emotional Attitude
- 1458 (9/6/68) Death Orage LIFE
- 1461 (9/13/68) Exact Language -  
Intellectual + Emotional approaches  
Barn
- 1462 (9/14/68) Barn - Physical work - Suffering
- ~~1466 (9/14/68) - Job - (Comparison) Travel~~
- 1471 (10/6/68) State of man - ABC WORK
- 1473 - Barn - Emotional exercise
- 1474 (10/6/68) ABC
- 1486 (11/1/68) Developing Emotions - Kesdjan
- 1488 - (11/16, 17/68) - Activities -

M 1267

(III - 10/4/67) Questions and answers. Poor resume; no trans.

Question: concentrating thoughts on thinking about something. Answer?

Question: how to be open. Ans? Question: How to be sincere in one's professional life. Answer: With regard to other people and one's

own inner life. Permanency, consciousness, higher being bodies as goals of self-development. Question: purpose of self-observation.

Answer: to develop objective faculty, to advise subjective faculty.

Question: Is it necessary for a man to fully develop inherited talents?

Answer: If useful for growth. Not all are useful.

(10/13/67) 2nd trip - Seattle

(III - 6/26/68) Purpose of Group III - Gurdjieff in background, answer to person who is alive and questioning his life. Being faced with difficult conditions in ordinary life. Fate. Looking for something more, to give inner strength. Finds emptiness, doesn't know where to turn. How one is in ordinary life; questions one asks about it. What right do we have to be as we are? Dishonesty; vanity, pride. True measure of oneself is level of being, indicated by conscience. Wishing to build solidity. Love for others - creating conditions for growth. Necessity of Work. Possibility to grow and use three centers. Conscience.

M 1426

(IV - Fri. July 5/68) PART ONE. Gratitude - George Nishibura's birthday. Barn - wish respect for it. Behavior. Life in manifestations. 'It' is gradually affected by 'I'. Going to center of being. Analogy to circle - from within out. Experimentation. About children - their place at the Barn. Barn is for temporary accommodation; finding place to live.

PART TWO. How much do you think of Work when you come? Limitations of body. Where is desire to continue? People who have lost desire for life. Relationship between 'I' and 'it'. Observation not yet pure. 'AS IF'. Changes into reality. God can come when you pray. Earthquakes. Work in difficult conditions.

m 1429 (7/14/68) Gr. leaders - Work - Music

M 1437

(Open I & II) Mon. 7/29/68) Questions and answers. Questions first from group leaders. Mark Oberon: In group girl said A-R-C was relief to get away from everyday things in mind. MR. NYLAND: Work is for development of something not of Earth. Not improvement on Earth. Misuse of method. Attitude toward spiritual value. Conversion of energy. John Marshall: Neal asked question about personality & essence. MR. NYLAND: Question of relativity. Comparison to points on a line. Measure is how often am I at one point or another. Analogy to colors. George Simich: When aware, move from personality to Keshdjan? MR. NYLAND: No. Towards center when point of gravity moves towards center. Change possible only when point of gravity is in point not subject to change. Subjectivity and objectivity. Lights of Karatas. In Work one goes immediately to DO of intellectual body. Jessica: Meaning of 'separate spiritualized parts' and then their relation to 3 centers. MR. NYLAND: Spirit is emotional capacity. Keshdjan. Breathing, taking in air. Centers: relation to faith, hope, love. Robert Burnett: Acceptance in relation to feelings. MR. NYLAND: Difficult to use feelings for Work. Impartiality. Use of feeling energy before and after experience. Energy towards God. Conservation of energy. Separation of centers. God filling emptiness. Purpose of man - life/form. Death. Meaning of Work. Wish to sacrifice what is in way. Step-wise progress. Mary Good: talking about impartial observation of body. Futility of her life etc. MR. NYLAND: Impartiality is not part of past. What do I do now? Acceptance. Question: Creation of 'I' with hope it will observe me? MR. NYLAND: AS IF. Question: In creating, do I imagine how 'I' would observe me? MR. NYLAND: NO. Actually observe. As if, imagination. Growth. Effort. Question: When I make efforts, what observes? MR. NYLAND: 'I' like child. Aware. Later has understanding. Benevolence. Personality into individuality.